



**Bernice Fonteneau
Senior Wellness Center**
3531 Georgia Avenue NW
Washington, DC 20010
(202)-727-0338

Hours of Operation:
Monday & Friday
8:30 am - 4:30 PM

**Tuesday, Wednesday &
Thursday**
7:30 am - 7:00 pm

Saturday
7:30 am - 1:00 pm



Managed by
Mary's Center



Supported
by DC Office
on Aging



**Members'
Corner**

www.ma

Staff

Michelle Singleton
Director

Nellie Pate
Administrative
Assistant

Deborah Parker
Fitness Director

Lan Nguyen
Nutrition Education
Director

Ruth Romero
Activity Coordinator

Falen Demsas
Health Education



FONTENEAU EXPRESS

Newsletter/Calendar

November 2014

*"Life is not merely to be alive,
but to be well."*

Marcus Valerius Martius

**Fon'tastic
Happenings**

New Schedule, New Faces, New Classes, New Challenges

Thanks to all BFSWC members and staff whose support has assisted in making the smooth transition from the former hours of operation to our new extended hours. Staff and contractors are now in position to provide additional daily activities. We welcome Falen Demsas, Health Educator and Ruth Romero, Activity Coordinator, as new staff members and Tawana Talley-Cooper, Fitness Instructor; Neal Whitlock, Senior Self-Defense Instructor and Charlene Marshall; Quilting Instructor as additional contractors.

As a reminder, our new hours of operation are Monday and Friday, 8:30 am - 4:30 pm; Tuesday, Wednesday and Thursday, 7:00 am- 7:30 pm and Saturday, 7:30 am - 1:00 pm. Make plans to visit during the extended week day hours and on Saturday to engage in exciting and robust activities! Please encourage your friends and family who meet the eligibility requirements to join in the FUN!



**Senior Self-Defense
with Neal Whitlock**



**Falen Demsas –
Health Educator**

Saturday Insanity

Looking for a way to energize your Saturday mornings? Look no further than the BSFWC. We have an exciting and stimulating opportunity for you to engage all of your senses during the classes dubbed "Saturday Insanity!" The "insanity" includes the "Saturday 300", "Glutes and Legs" and the straight "Drop it 180" (lower body strength & balance). Don't let the titles fool you, it is firming, toning and strengthening your body despite the limitations that you have, or think you may have.

You might be considered "insane" *not* to spend your mornings doing something that will enhance your mood, fire up those brain cells and add years to your life. We have a spot for you, so come out and join the fun of getting fit and healthy!



**BFSWC Members dedicated
and released pink "Breast
Cancer Awareness" balloons
in honor of Breast Cancer
victims and survivors.**

Around the Center



Members learn nutritional information and healthy recipes in a 6-week Cooking Matters Class.



**HALLOWEEN
FUN!**



BFSWC HERITAGE DAY!



Ruth Maria Romero: "We All Must Learn to Share"

An occupational therapist in her home country of Colombia for 20 years, Fonteneau volunteer, Ruth Maria Romero, believes in diversity because, she says, "everyone has a place here on earth and rights that go along with it." Her winding up in America, along with her husband and fellow volunteer, Antonio ("Tony"), speaks to what Romero calls the constant global movement of humanity. "We all came to America because of this constant movement and many, such as the African slaves, were brought here against their will," she says.

The couple began their courtship while both were getting college degrees, and on the strength of that education, Tony secured a job teaching English at a middle school in Ashburn, VA. In the U.S. for 9 years and married for 19, they have embraced the center with a devotion that knows no bounds. "All my life I've always liked working with seniors," says Romero, who recalls the rewarding years in Colombia working in nursing homes where she made use of her holistic therapy techniques.

When her husband landed a position at the E.L. Haynes Public Charter School at Georgia Ave. & Otis St. NW, she remembers seeing the sign across the street announcing the future construction of the Bernice Fonteneau

Senior Wellness Center. Says Romero: "I couldn't wait until the building was open for business so I could volunteer."

Among her efforts, she is very proud of being able to translate Fonteneau policies and activities for a growing number of Latinos and Latinas attracted to the center. Her bi-lingual abilities have been responsible for making many from DC's large Spanish-speaking community comfortable and happy with their surroundings here. A tiny pocket of resistance to bi-lingualism within the Fonteneau community disconcerts Romero. "We must grow," she says. "We must find out how to enjoy and help one another in our senior years. We all must learn to share."

